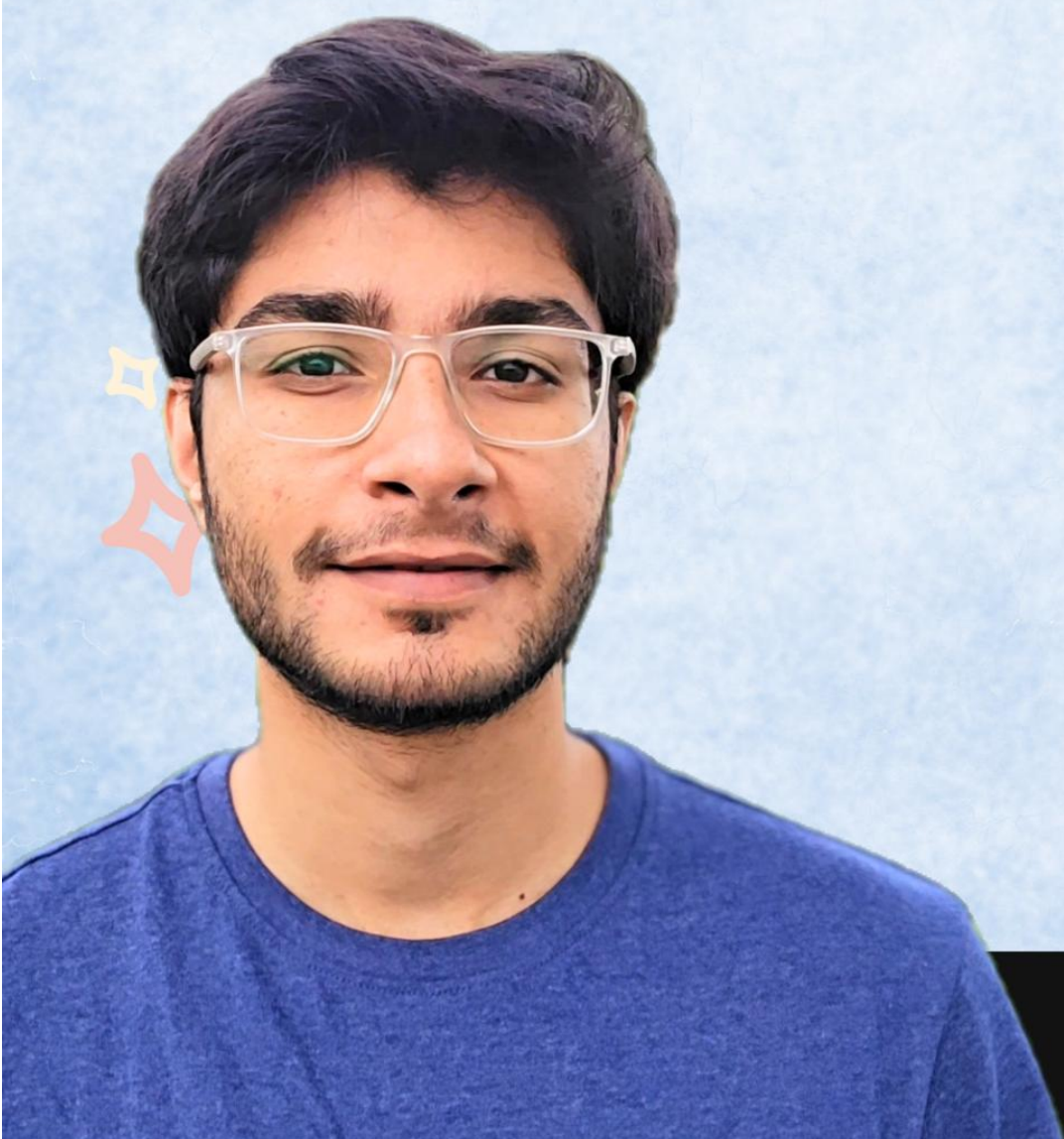


**How to Stop Being Your Own Worst Critic
and Start Living with Self-Compassion**

LOVE YOURSELF LIKE YOU MEAN IT



Aman Varma

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By Aman Varma

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Introduction: My Journey to Self-Compassion

For a long time, I lived under the shadow of my own inner critic. I had a habit of being incredibly hard on myself. No matter what I achieved, it never felt enough. I was impatient with my mistakes, critical of my failures, and rarely allowed myself to feel good about who I was becoming. The harshness wasn't visible to anyone else — but inside, it was a daily battle.

I grew up in a critical and authoritative environment. The voices I heard growing up — questioning my worth, pushing me to always do more, be better, be perfect — eventually became my own inner voice. I mistook that voice for discipline or self-motivation, but in truth, it was self-sabotage dressed as ambition.

The concept of self-compassion felt vague to me for years. I associated it with weakness or indulgence. “If I’m too kind to myself, won’t I stop growing?” I wondered. But the opposite turned out to be true. Real growth came only when I learned to treat myself with the same kindness, patience, and empathy that I so freely gave to others.

Here’s the crux of what I’ve learned: **Treat yourself as you treat the person you love the most.**

Once I internalized this, everything began to shift. My productivity improved, not from fear, but from inspiration. My confidence grew, because I wasn’t constantly battling my own mind. I began experiencing peace, joy, and clarity — all because I changed the way I related to myself.

In this booklet, I want to help you do the same. You don’t need to wait years like I did. Self-compassion is not just a nice idea. It’s a **practical, learnable skill** — one that can dramatically change your mental, emotional, and even physical wellbeing.

- [Aman Varma](#)



Chapter 1: What is Self-Compassion (And What It's Not)

Self-compassion is the practice of being kind to yourself in moments of failure, suffering, or challenge. It means treating yourself with the same care you'd give a close friend when they are hurting.

Psychologist Dr. Kristin Neff, a pioneer in this field, defines self-compassion through three core components:

1. **Self-Kindness vs. Self-Judgment:** Instead of criticizing yourself for your shortcomings, you respond with warmth and understanding.
2. **Common Humanity vs. Isolation:** Recognizing that suffering and personal inadequacy are part of the shared human experience. You are not alone.
3. **Mindfulness vs. Over-Identification:** Being aware of painful thoughts and feelings in a balanced way — not exaggerating them, nor ignoring them.

Self-Compassion Is NOT:

- Self-pity
- Laziness or giving up
- A form of narcissism or entitlement

Rather, self-compassion is a **fierce kind of love**. It says, "I may not be perfect, but I am worthy of love and respect — especially from myself."

Why is it so hard for many of us? Because we've been conditioned to believe that self-criticism is the only way to grow. That we must be hard on ourselves to succeed. But research shows the opposite. Self-compassion leads to:

- Greater resilience
- Higher emotional intelligence
- Reduced anxiety and depression
- More motivation and consistent action

Think of it this way: You can push a child to learn by yelling at them — or by patiently guiding them. Which approach do you think leads to long-term success?

Exercise 1: The Best Friend Test

Ask yourself:

- “How would I speak to my best friend in this situation?”
- “Would I shame them for failing, or would I support and encourage them?”
- “What would I want them to hear if they were feeling like this?”

Now turn those words toward yourself.

Self-Reflection Questions:

1. What is my usual inner dialogue when I make a mistake?
2. How often do I compare myself to others?
3. Do I speak to myself in a way that I would never speak to someone I love?
4. Where did I learn this inner tone — is it my voice, or a voice I inherited from others?
5. Can I identify moments when self-compassion might have helped me heal faster?

You don't have to wait to become perfect to start being kind to yourself. Self-compassion is the soil in which true growth takes root.

Chapter 2: Dealing with the Unlovable Parts of Yourself

Let's be honest — every one of us has aspects of ourselves we're ashamed of. The parts we hide from others. The mistakes, failures, quirks, or traumas that make us feel unworthy or broken.

These “unlovable” parts are often the greatest source of low self-compassion. But here's the truth: **what we resist, persists. What we embrace, transforms.**

Avoiding or judging these aspects of ourselves only gives them more power. Healing begins when we gently shine the light of self-compassion on them.

Why Do We Struggle to Accept These Parts?

- **Fear of judgment:** We worry others (and we ourselves) will see us as weak or flawed.
- **Perfectionism:** We think we must “fix” ourselves before we deserve love.
- **Cultural conditioning:** We're taught to value only the “positive” emotions and traits.

But human beings are **messy, complex, and beautiful in their imperfection**. True self-growth doesn't come from erasing flaws — it comes from integrating them with love.

Practical Exercise 2: Letter to Your Flawed Self

Take 10 minutes and write a letter to the part of you that feels most “unlovable.”

- Acknowledge its presence.
- Reflect on what it has taught you.
- Express compassion and a willingness to accept it.

Example:

“Dear insecure self, I see you. You've tried to protect me by constantly seeking validation. I know you came from a place of fear. But I no longer need to reject you. I'm learning to love you too.”

This isn't about pretending those flaws don't exist. It's about choosing to see them through the lens of healing instead of shame.

The Role of Patience

Many of us lack self-compassion because we're **impatient with our pain**. We want to "fix" ourselves quickly and move on. But self-compassion says: *"It's okay to not be okay for a while."*

Can you sit with your pain — without rushing it away?

Self-Reflection Questions:

1. What parts of myself do I try to hide from others?
2. Where did I learn that these aspects were "bad" or "unacceptable"?
3. Can I identify any hidden benefits these traits gave me (e.g., resilience, empathy)?
4. How would my life change if I stopped judging this part of me?
5. What is one small way I can show kindness to this part of myself today?

Healing is not about becoming someone new. It's about remembering that even the wounded, awkward, fearful parts of you are worthy of love. Your flaws do not disqualify you from compassion. They **call for it**.

Chapter 3: The Science and Psychology Behind Self-Compassion

Self-compassion is not just a fluffy feel-good concept — it's backed by solid scientific research from the fields of psychology, neuroscience, and positive mental health. When you start treating yourself with compassion, it literally changes the way your brain is wired and how your body responds to stress.

Let's dive into the science behind why this works.

1. Self-Compassion and the Brain

When we're self-critical, we activate the **amygdala**, the part of the brain associated with fear and the stress response. This releases cortisol (the stress hormone), increases anxiety, and makes us less likely to act decisively.

But when we practice self-compassion, we activate the **caregiving system** — the same part of the brain that lights up when we nurture someone we love. This reduces cortisol and increases **oxytocin** and **endorphins**, promoting feelings of safety, calm, and connection.

In other words, self-compassion changes the **neurochemical state of your brain**. It replaces fear with safety.

2. Resilience and Emotional Regulation

According to studies by Dr. Kristin Neff and others, individuals with high levels of self-compassion:

- Cope better with failure and rejection
- Are more likely to take responsibility without shame
- Show greater resilience in the face of trauma
- Experience lower levels of depression, anxiety, and stress

This isn't about avoiding pain. It's about **changing how we relate to pain**.

Self-compassion allows us to sit with difficult emotions without being overwhelmed by them. It keeps us grounded.

3. Motivation Without Fear

A common myth is that self-compassion kills ambition. Research shows the opposite.

In a 2011 study, students who practiced self-compassion were more likely to take responsibility for mistakes and study harder after failure than those who used self-criticism. They felt more **motivated**, not less, because they weren't paralyzed by shame.

4. Compassion Is Contagious

When you treat yourself with compassion, it improves how you treat others. It improves relationships, reduces conflict, and builds empathy.

Your energy changes. You become a safe space — not only for yourself but for others too.

Exercise 3: The Self-Compassion Pause

When you're feeling stressed, anxious, or overwhelmed, try this quick self-compassion exercise.

1. **Acknowledge the pain.** ("This is hard.")
2. **Remind yourself you're not alone.** ("Everyone struggles sometimes.")
3. **Offer kind words.** ("May I be kind to myself in this moment.")

Repeat this gently. Even 60 seconds can shift your emotional state.

Reflection Questions:

1. How does my body react when I'm harsh with myself?
2. Have I noticed physical tension or stress linked to self-criticism?
3. How might my health improve if I practiced more self-kindness?
4. What fears do I hold around being too gentle with myself?
5. Can I find examples where self-compassion helped me grow faster?

You can't hate yourself into growth. But you **can love yourself into healing**.

Chapter 4: Daily Practices to Grow Self-Compassion

Self-compassion isn't a one-time realization — it's a daily practice. Like brushing your teeth or exercising, it works best when it becomes part of your routine.

Let's explore some simple habits that help you build lasting self-compassion.

1. Morning Intentions

Start your day with a gentle check-in. Instead of jumping into to-do lists, ask:

- What do I need today emotionally?
- How can I be kind to myself if things get hard today?

A morning affirmation like, *"Today I choose to be my own friend,"* sets the tone.

2. Journaling with Self-Kindness

At the end of the day, write a few reflections:

- What did I do well today?
- Where did I struggle — and how can I support myself in that area?

Write to yourself like you would write to a friend going through something difficult.

3. Mirror Talk

Stand in front of the mirror and say:

- "I see you."
- "You're doing your best."
- "I love you, even when you mess up."

It might feel awkward at first — but this practice rewires years of internal neglect.

4. Set Boundaries with Self-Talk

Notice your inner critic. When it speaks up, gently respond:

- "Thank you for trying to protect me, but I don't need judgment right now."
- "I choose kindness."

Reframe harsh thoughts into neutral or compassionate ones.

5. Be Patient with the Process

You won't master self-compassion overnight. But every time you choose kindness over criticism, you're rewiring your mind.

Progress is made in small, consistent moments.

Reflection Questions:

1. What's one kind thing I can say to myself every morning?
2. How do I usually end my day — with gratitude or judgment?
3. What's my inner voice like when I fail?
4. Can I make time for even 2 minutes of self-kindness daily?
5. Which of these habits am I willing to try this week?

Remember: **You are not broken. You are becoming.**

The more you practice, the more natural it becomes. And the more natural it becomes, the more peaceful, happy, and resilient your life will feel.

Chapter 5: Your Path to Lasting Self-Compassion

Here's what I've got:

I've created a powerful online course called **Positive Mind Blueprint** — a 12+ hour deep dive into positive psychology skills. It includes **2 hours dedicated entirely to self-compassion** — where I guide you through every practical, spiritual, and psychological tool I've learned on my journey.

Here's what it will do for you:

This course will help you finally overcome negative thinking, build emotional resilience, and develop the unshakable self-compassion you've always needed. You'll stop sabotaging your growth and start living with calm, clarity, and confidence.

Here's how it works:

Once you sign up, you get instant access to all video lessons, exercises, and lifetime updates. You can learn at your own pace and revisit the lessons anytime you need support.

Here's what I want you to do next:

Click the link below and grab the course **at a special discounted price**, exclusive to readers of this booklet.

👉 [Enroll in Positive Mind Blueprint Now](#)

Here's why you should do it now:

The discount is available for a **limited time** — this is your chance to invest in yourself without overthinking. Your growth deserves urgency.

Here's why it's safe and smart:

I've taught thousands of students using the tools in this course. The feedback has been overwhelmingly positive. Plus, you get lifetime access & 7 days money back guarantee — it's a risk-free investment in your happiness.

This course is only for cool, bad-ass, awesome people who take action and want to create an epic life for themselves.

This course is **NOT** for mediocre people who live life in laziness, self-loathing and blaming their circumstances.

Bonuses: You'll also get:

- Printable worksheets
- Reflection exercises
- Exclusive bonuses added over time — at no extra cost

This special offer will **not be available forever**. Once the campaign ends, the price goes up.

Finally, let's recap:

You've learned what self-compassion truly means, how it can transform your life, and why it's a powerful skill anyone can learn. If this booklet resonated with you, imagine what a full course experience could do.

👉 [Click here to join the course and start your transformation](#)

Treat yourself as you treat the person you love the most.

You deserve nothing less.



Watch Free Preview

